

## Environmental Health Care and Prevention

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### Abstract

The concept of "prevention" is important in medicine, especially in family medicine, and it includes specific tasks of primary care. The conceptual basis of these tasks is "opportunistic prevention", because every contact with patients provides opportunities for the prevention of illness and the encouragement of people to adopt more healthy life-styles, even when the patient has come for an apparently unrelated problem which has to be dealt with first. The emphasis is on taking the opportunities offered by patients. Family medicine presents a unique position to do "opportunistic prevention", which includes at least: Anticipatory care, Case-finding, and Continuity of Care. But, these concepts have important, different, and specific connotations, and its implications have not been sufficiently systematized conceptually. These tasks can be difficult to explain and understand. So, these concepts are presented based on a fable or tale. The fable is an adult education method which can serve to intuitively understand abstract concepts, by linking them to specific situations, and so to facilitate their assimilation. The essence of family medicine is to assist individuals in families and communities and this implies, to be a "doctor lark" - who arrives early: with a good Continuity of Care, Anticipatory Care, and "Case Finding". The challenge is to combine these anticipatory care, case finding and continuity of care, address the heterogeneity of needs and achieving individual and contextualized solutions.

### Introduction

Environmental Health medicine is a combination of fields consists of medicine, environmental science and environmental chemistry and the main scope of this field is environment and public health. As we know that the environment health and medicine is a branch of public health that improves the health and the safety [1]. They are different types of environments but we are going to discuss about the health environment it consists of pollution, Drinking water scarcity Deforestation, oil and gas drilling, Littering etc. These environmental pollution may cause deadly diseases like respiratory diseases, heart diseases, different cancers, all these is due to the polluted drinking water, most of the people effected were low income areas because of they were having unsafe drinking water. The people were affected by the environment by air, water, food, soil and also the same were also be more healthier with the same air, water, food, soil because of they were taking the non-polluted environment organisms. According to our environment the water is polluted through the metabolized medicine and the waste of its travels through the sewer pipes and into the water and it will be contaminated and causes the health issues, This is mainly because of using unwanted medicine flushing them through toilets and send them to the water supply and effecting the public health and the environment. To overcome this water treatment should be done and also proper use of medicine to take care of the environment health and it is also been cured by the hygienic medicine. Environment also causes the illness and diseases it is because of the chemicals released by the industries and may lead to the allergies and viruses and also cancer etc. [2,3]. We the fellow human beings can take care of the environment health by taking safe drinking water and letting waste water through the drainages and also safe swimming in the community swimming pools and lakes which were cleaned and keeping them hygienic and also having clean breathing indoors and outdoors and also the purchasing the food from the hygienic restaurants and grocery too (Figure 1).

### To Prevent the Health Problems we should follow some of the Guidelines

- Paint your house properly and keep hygienic.
- Use vehicles that run with gas rather than petrol and diesel.
- Yard waste should not be burned it may cause lungs infection.

- Plant trees and breathe fresh air.

According to our study the environment health and its medicine now let us discuss about the pharmacy environment which is relevant to the medicine and the health, the pharmaceuticals may cause harmful effects by releasing waste to the lakes and rivers and air and all wildlife organisms were also exposed. This is mainly occurs because of the pollution is created by the human activity. Some countries have the

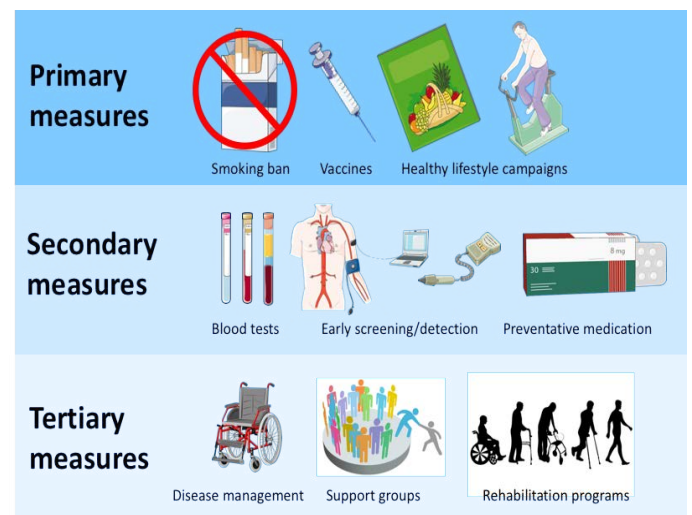


Figure 1. Preventive measures.

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large number of pharmacy companies compared to others but the environment effected by them is less compared to the less pharmacy companies because they take the complete precautions and have the best equipment to handle the issues. The medicine is good for environment because of the scientists find the formula of the particular drug from the surface, water, marine, soils, and also they were found across the countries. So hereby want to conclude that the environment health and its medicine play a major role in every daily life and it should be habited by all of them [4].

### Case finding

The primary purpose of screening tests is to detect early disease or risk factors for disease in large numbers of apparently healthy individuals. The purpose of a diagnostic test is to establish the presence (or absence) of disease as a basis for treatment decisions in symptomatic or screen positive individuals (confirmatory test). Case finding is a strategy for targeting resources at individuals who are suspected to be at risk for a particular disease. It involves actively searching systematically for at risk people, rather than waiting for them to present with symptoms or signs of active disease. Note the similarities to screening - both seek to risk stratify the population for further investigation-but note also the special characteristics of this screening own of family medicine. "Case-finding" taking advantage of patient visits. The screening activities as a method of cohort where the service is offered to a selected group of the population, is replaced in "Case finding" by that of taking advantage of the contact with patients to offer screening to those who need them. It requires organization and proper medical history. Family medicine is the ideal framework for screening activities because of providing access to the entire population; even those less motivated by prevention come to the family doctor when they feel sick (75% of patients assigned to a family physician attend at least once every 5 years). This situation makes it possible of determining the biological onset (presymptomatic) of disease, allows the integration of preventive and curative activities, and finally, the problems of health are followed until its solution. Examples of case-finding can be: sexual partner ascertainment in syphilis outbreaks, or household/work contacts in food-borne outbreaks, or the two-question case-finding instrument for detecting depression in primary care. The purpose is to identify at-risk individuals and offer them screening and treatment if necessary.

No longer is it necessary to defend the importance of prevention in health care. Successive international and local reports, from many sources, have recognised the importance of promoting health and preventing disease. Neither is there much dispute about the value of most basic statutory methods to improve public health. However, some differential conceptual subjects about the role and tasks of the family doctor in preventing the disease and in relation with how to deal with asymptomatic and undiagnosed problems have not been sufficiently clarified. The conceptual basis for these tasks lies in "opportunistic prevention", because every contact with patients provides opportunities for the prevention of illness and the encouragement of people to adopt more healthy life-styles, even when the patient has come for an apparently unrelated problem which has to be dealt with first. The emphasis in opportunistic care is on taking the opportunities offered by patients. The prevention and delay of chronic disease is an increasing priority in all advanced health-care systems, but sustainable, effective and equitable approaches remain elusive. Conceptual systematization in the speciality of family medicine/ general medicine has not matched with practice [5]. However, it is not until that the conceptual heritage of family medicine, is ordered, systematized and fully clarified when it can begin the real practical work. Therefore, it is necessary to achieve more meaningful representations of the fundamental concepts of family

medicine, and facilitate the transfer of these to clinical practice [6-7].

### Conclusion

One of these main concepts is "prevention" in primary health care. Although, we can have several examples, including especially the famous pioneering example in the UK, of Julian Tudor Hart who combined reactive and anticipatory care within routine consultations in primary medical care, this concept can be difficult to understand and explain, even for experienced physicians in the speciality that can be misleading. Stories, tales, and metaphors are better at capturing a different type of "big picture" so; we will present this concept of "prevention" in family medicine. Fables and metaphors can simplify the expert knowledge, not by ignoring or reducing the inherent complexity, but by providing a point of entry for its comprehension. They are a means of generating ideas, promoting creativity, and constructing concepts and theories. The fable is an adult education method that can serve to intuitively understand abstract concepts by linking them to specific situations, for facilitating their assimilation. The fable is a fictional story which is presented as real. In the fable it can be distinguished two parts: one is the story itself and the other the moral. Family medicine presents a unique opportunity to do preventive tasks - "Opportunistic prevention" and these have important, different, and specific connotations and implications at this level of care, which have not been sufficiently systematized conceptually. The essence of family medicine is to assist individuals in families and communities, and this implies, a good Continuity of Care, Anticipatory Care and "Case Finding". As theory and evidence accrue, the challenge is to combine the strengths of primary medical care and health improvement, in integrated, sustainable systems of anticipatory care, case finding, and continuity of care, addressing the heterogeneity of individual needs and solutions, while achieving high levels of coverage, continuity, coordination and outcome

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### Conflict of Interest

Author declares there is no conflict of interest.

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